

## Sauces -Portioned



as of 12.18.12

**1 oz. portion**

RecipeName	Calories	Cal. Fat	TotalFat	Sat. Fat	TransFat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	VitaminA	VitaminC	Calcium	Iron
Sauce BBQ - Portion	40	0	0g	0g	0g	0mg	210mg	10g	0g	9g	0g	4%	6%	0%	2%
Sauce Blazing Wing Sauce - Portior	45	30	3.5g	2.5g	0g	10mg	770mg	4g	0g	3g	0g	2%	0%	0%	0%
Sauce Blue Cheese - Portion	130	130	14g	2.5g	**	10mg	300mg	1g	0g	< 1g	0g	0%	0%	2%	0%
Sauce Bob - Portion	110	100	12g	1.5g	0g	0mg	220mg	2g	< 1g	1g	0g	2%	2%	0%	0%
Sauce Bob-Light Portion	50	45	4.5g	0.5g	0g	5mg	210mg	2g	0g	2g	0g	0%	0%	0%	0%
Sauce Chipotle Mayo - Portion	160	160	18g	3g	0g	15mg	150mg	< 1g	0g	0g	0g	0%	0%	0%	0%
Sauce Garlic Mayo - Portion	160	150	16g	3.5g	0g	15mg	170mg	2g	0g	0g	0g	0%	2%	2%	2%
Sauce Ranch - Portion *	130	130	14g	2.5g	0g	15mg	115mg	< 1g	0g	0g	0g	0%	0%	2%	0%
Sauce Salsa - Portion	10	0	0g	0g	**	0mg	170mg	2g	0g	< 1g	0g	2%	0%	0%	0%
Sauce Salsa Ranch - Portion *	50	40	4.5g	0g	**	< 5mg	210mg	2g	0g	< 1g	0g	2%	2%	0%	0%
Sauce Spicy Honey Mustard - Porti	100	60	7g	1g	0g	5mg	240mg	8g	0g	7g	0g	0%	0%	0%	2%
Sauce Spicy Mustard Habanaro	45	20	2g	1.5g	0g	5mg	270mg	5g	0g	5g	0g	8%	6%	0%	0%
Sauce Sun Dried Tomato Aioli Port	160	160	18g	3g	0g	15mg	180mg	1g	0g	0g	0g	0%	4%	0%	0%
Sauce Tarter - Portion	130	130	14g	2g	**	0mg	260mg	2g	0g	0g	0g	0%	2%	0%	0%
Sauce Thai Peanut - Portion	180	150	17g	2.5g	0g	0mg	240mg	4g	1g	1g	3g	8%	2%	0%	2%
Sauce Wasabi Mayo - Portion	110	110	12g	2g	0g	10mg	90mg	1g	0g	0g	0g	0%	4%	0%	0%

\*items contain small amount of MSG